## WEIGHT WATCHERS PROGRAM

Looking to lose those extra holiday pounds?

This is the program for you.



No need to go off post. Begin the 14 week program on Friday, 17 Jan 2003

Classes in Bldg. 780 room 104, 1100-1200 hours, and every

Friday for 14 weeks

Minimum of 15 participants is required

Cost: \$ 138.00 (includes all of the materials needed for losing weight) pre-registration deposit of \$10.00 is required by you no later than Friday, 10 Jan 2003 at the Sports Center, Bldg. 165

Join others in the Selfridge "Family" as we collectively work

off those holiday pounds

In-addition fitness portion begins **Wednesday**, **22 Jan 2003** Introduction Body Toning and Weight Training **Sports Center**, **Bldg. 165** 

1100 -1200 hours, every Wednesday





Contact the Sports Center for additional information at (586) 307-5202



## Country Line Dancing Exercise Class

Thursday, 9 Jan 2003 Youth Gymnasium, Bldg. 780 11:30 - 12:30 p.m.

Registration begins 16 Dec 02 - 3 Jan 03 Bldg..780, Rm. 15

Cost: \$ 15.00 per month, Classes will be held every Thursday

Child Care is available for \$ 2.50 per hour, reservations (minimum of 5children) must be made a week in advance at 586-307-5366













A series of five m otivating support classes will be held of Thursday mornings, beginning 30 January through 27

February from

9:00 A M . to 10:00 A M . Bldg. 780 Selfridge ANG B

Pre-registration and medical screening are required for all participant

Contact the Health Clinic/Employee Assistance Program sat 586-307-5711/5211 additional information and enrollment by January 10,2003.

Selfridge Employee Assistance Cente Presents an Anger Management Class

- How we can break the cycle.
- How to handle anger directed AT us.
- How to channel our anger towards others.
- Learn solution focused communication skills.
- FREE to military, civilian employees & family members. Youth age 10 and older <u>can attend if</u> <u>accompanied by their parent</u>. Call 586 307-5211 to reserve your seat for this 4 session series.
- Wednesdays, January 22, 2003 to February 12, 2003, from 4 - 6 PM, Bldg. 780, Room 106.

Find a new direction, design your own map and let the journey begin. A service of the Selfridge Family Advocacy and Employee Assistance Center.

Life MAP
Motivational
Awareness
Program

Sessions will begin Tuesday, February 4, 2003 through March 25, 2003, 4 to 5:30 P.M. All sessions will be in Building 780, Room 102.

Sessions are free, but pre-enrollment and a commitment to attend the series is expected.

Your Tour Guide:

Richard Van Daele

MSW, CSW, CAC-II

For information and registration contact:

(586) 307-5211/5611

or

DSN 273-5211/5611

## Life MAP

Motivational Awareness Program

An eight week educational journey of personal growth, progress and enhancement. Life MAP is based on the principle that self-awareness is the foundation to effective problem solving and life management. Learn to explore and discover what you are made of!

By using the Personal Journey Map, you will be able to visualize areas in your life that need the greatest amount of improvement. Then the choice is yours.

Life MAP - Personal Growth and Development. Let 8 weeks make a difference!